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ABSTRACT

Prepared for elementary and secondary teachers, this guide provides an annotated list of 72 instructional materials for teaching about farming and the products of Iowa farms. Entries, listed under the organization that provides the materials, state type of instructional material, major topics addressed, grades for which materials are appropriate, and information about cost and availability. Topics include general discussion of agricultural products, farm animals, Iowa history, the challenge of farming, farm careers, and nutrition. Specific products from Iowa farms are also covered--pork, beef, veal, lamb, turkey, soybeans, eggs, and dairy products. Print materials include books, pamphlets, posters, fact sheets, teacher guides, coloring books, recipes, and activity sheets. Nonprint materials include audio cassettes, films, filmstrips, slide/tape presentations, and computer software. Most materials are free in limited quantities or are loaned free of charge. (JHZ)

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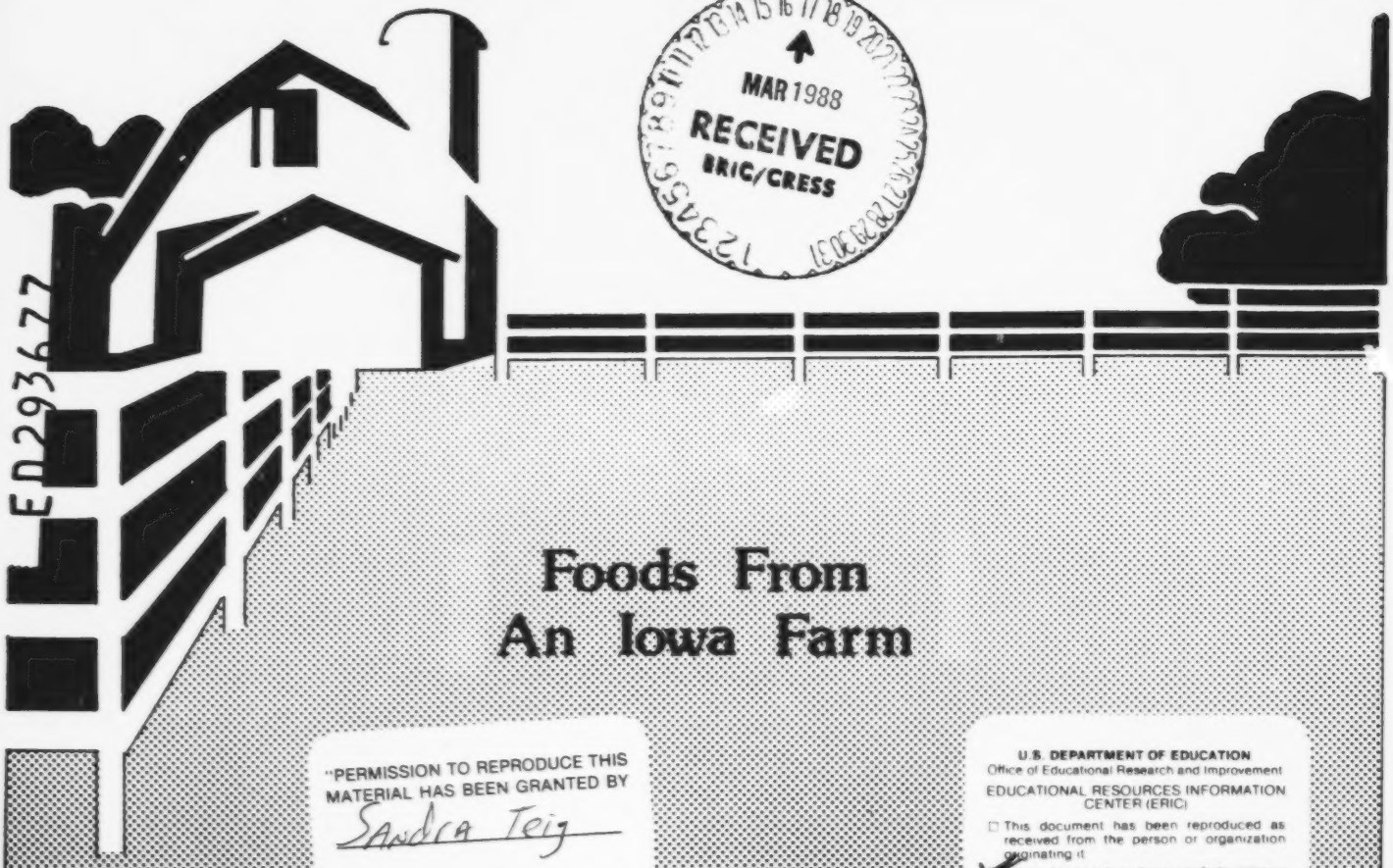

# Foods From An Iowa Farm

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**A RESOURCE GUIDE**

The materials listed in this resource guide are made available courtesy of the Iowa Agriculture in the Classroom Committee.

**Please order directly from the organization offering the material.**

September 1987

RC 016577



BEST COPY AVAILABLE

The following materials are provided by:

**The Iowa Department of Agriculture & Land Stewardship**
Rural Programs Specialist
Wallace Office Building
Des Moines, IA 50319
Phone: (515) 281-5952

**FARM ANIMALS** (National Geographic) - A kit which includes booklets, an audio cassette (12 min.), duplicating masters and a teacher's guide.

Grades Primary
Cost Free loan - schedule in advance

**WOOL: FARM TO FABRIC NATURALLY** - A kit including a filmstrip, a cassette, a teacher's guide and materials.

Grades 5 through 8
Cost Free loan - schedule in advance

**LARGE ANIMAL VETERINARIANS** - A career education book that describes what veterinarians do. Black and white photos are included.

Grades 4 through 7
Cost Free loan - schedule in advance

**START TO FINISH BOOKS** - Each book includes a simple text and color pictures. To be used as a teacher's reference.

1. From Seed to Pear
2. From Sheep to Scarf
3. From Cow to Shoe
4. From Blossom to Honey

Grades 2 through 5
Cost Free loan - schedule in advance

**When ordering, please specify name(s) of book(s).**

**WHAT IS A SEED?** (National Geographic) - A kit including booklets, an audio cassette (12 min.), duplicating masters and teacher's guide.

Grades Primary
Cost Free loan - schedule in advance

**OUR FOODS AND WHERE THEY COME FROM** (National Geographic) - Filmstrips which trace foods from the source to the store. Each is 51 frames (13 minutes). Each also has a teacher's guide. Please specify which set.

1. Grains and Dairy Products
2. Fruits and Vegetables
3. Meat, Fish and Poultry

Grades Primary/Intermediate
Cost Free loan - schedule in advance

**SOYBEAN AWARENESS** - A slide/tape presentation which focuses on the wide diversity of products which include soybeans.

Cost Free loan - schedule in advance

**AG IN IOWA CURRICULUM GUIDE** - 100 pages of teacher information and activities. Covers Iowa history, the challenge of farming, life on an Iowa farm, the land and products of Iowa, and careers.

Grades 4 through 6
Cost One free per Iowa teacher (most Iowa schools already have a copy)

**STOCKYARDS** - A book that describes the purpose and functions of a stockyard.
Grades 2 through 5
Cost Free loan - schedule in advance

**MY IOWA COOKBOOK** - 35 recipes containing ingredients produced in Iowa. Also contains facts on livestock, grain, horticulture and honey production.
Grades Primary
Cost 1 free copy per group/request; additional copies in packets of 10/$2.50

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The following materials are provided by:

**Iowa Farm Bureau Federation**
Commodity and Marketing Division
5400 University Avenue
West Des Moines, IA 50265
Phone: (515) 225-5431 or 225-5425

To order films contact:
Creative Visuals Services
5400 University Avenue
West Des Moines, IA 50265
Phone: (515) 225-5415

**HOW PIGS AND LAMBS GROW** - A 16-page booklet telling the production story of both lambs and pigs written at elementary grade level.
Grades K through 6
Cost Free sample copy - additional copies 17¢ each

**ALL ABOUT IOWA FARMS** - A color and fun book.
Cost Free sample copy - additional copies 12¢ each

**WHAT GROWS ON AN IOWA FARM** - Colorbook.
Cost Free sample copy - additional copies 12¢ each

**IN IOWA, FOOD IS OUR BUSINESS** - This brochure is a fact sheet that discusses Iowa's basic agriculture industry and gives some statistics on the average Iowa farmer.
Cost Free sample copy - additional copies 11¢ each - or $10.79 per 100

**FOOD FLIGHT #1** - A set of slides and reel-to-reel or cassette tapes which discusses Iowa's food products, their production and nutritional value. Approximately 13 minutes long.
Grades 4 through 6
Cost No charge - schedule in advance

**FOOD FROM FARM TO YOU** - A 14 1/2 minute color film which tells the story of food.
Grades 3 through 4
Cost No charge - schedule in advance

**THE REAL FACTS ABOUT FOOD** - A set of 69 color slides with a tape and printed narrative which explains why food prices and supplies fluctuate, the causes of these changes and the role of profit in farmer's production decisions.
Cost No charge - schedule in advance

**WHO GETS YOUR FOOD DOLLAR?** - An educational brochure/poster which explains how much the farmer receives for domestically produced foods.
Grades 4 through 8 - can also be used with high school or adult groups
Cost Single copies free - additional copies 5¢ each

The following materials are provided by:

**Iowa Beef Industry Council**
P.O. Box 451
Ames, IA 50010
Phone: (515) 232-0428

**BEEF SNACKS AND APPETIZERS** - Recipes for nutritious beef snacks.
Grades Adult
Cost No charge

**THE ECONOMICS OF MEAT** - A booklet that explains the story of the production of red meat, why it costs what it does, and how it reaches the dinner table. Career awareness.
Cost 1 copy free

**NUTRIENT DENSITY** - A poster showing the concept of nutrient density in relation to foods. Lesson plans and activities on back.
Grades 4 through 6
Cost 1 poster free

**BEEF HELPS BUILD STRONG BODIES** - Tells young students why beef is important in their meals...it's a good source of iron. Meatball recipe included.
Grades K through 3
Cost No charge - 1 per student

**GROUND BEEF...AMERICA'S FAVORITE DISH** - Explains how to buy and prepare ground beef; nutrition information.
Grades 5 and 6
Cost No charge - 1 per student

**BEEF "BULL"-ETIN** - Newspaper-like bulletin that discusses beef's nutrients, farm-to-table story, beef by-products. Includes "Beef Trivia" and "Cow Jokes," and activities.
Grades 5 and 6
Cost No charge - 1 per student

**POWER PACKED NUTRITION** - A nutrition software program for intermediate and junior high students. Designed for use with Apple II computers. Divided in three components - a tutorial component; a reference section; and three entertaining and challenging games. Included in the kit is a 6-page teacher's guide, 3 black-line masters, a wall poster, and a sturdy folder for storage.
Grades 5 through 8
Cost $12.95

**COMING TO AMERICA** - Full color poster shows the voyage of the Pilgrims to the New World. It also explains how food and meats were processed so they could be taken on the long voyage. Calendar time line shows important dates relating to food preservation. Back of poster contains lesson plans with activities and black line masters. Size: 21"x30".
Grades 4 through 6
Cost One copy free per teacher

**VEAL CUTS** - Veal cuts chart and recipes available
Cost No charge

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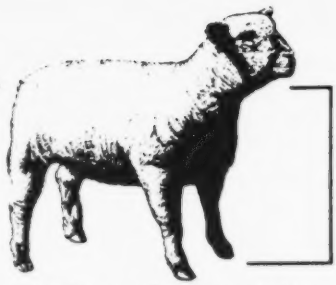

**Sheep Division**
Iowa Department of Agriculture & Land Stewardship
Wallace Building
Des Moines, IA 50319
Phone: (515) 281-5736

**THE HISTORY OF SHEEP** (Booklet) - A handy summary of the history of sheep dating back to Central Asia 10,000 years ago.
Grades Adult level - teacher reference
Cost 1 sample copy free per teacher while supply lasts

**WILD AND WOOLY** - A fun teaching piece tracing some of the crazy moments in wool history.
Grades 5 through 7
Cost Free in limited quantities while supply lasts

**WOOL GRADES AND THE SHEEP THAT GROW WOOL** - A publication picturing highlighting the 18 major U.S. sheep breeds.
Grades Adult level - teacher reference
Cost Free in limited quantities while supply lasts

**RECIPES** - An assortment of mouth-watering recipes featuring various cuts of lamb.
Grades Adult level - could be adapted for elementary classroom use.
Cost Free in limited quantities while supply lasts

**CUTS OF LAMB WORD SEARCH PUZZLE** - Test your knowledge of lamb's many versatile cuts in this fun puzzle.
Grades 6 through adult
Cost Free in limited quantities while supply lasts

**BREEDS OF SHEEP WORD SEARCH PUZZLE** - How many of the 18 most popular breeds of sheep in the U.S. can you find? Test your skill!
Grades 6 through adult
Cost Free in limited quantities while supply lasts

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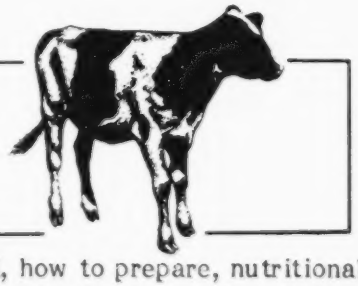


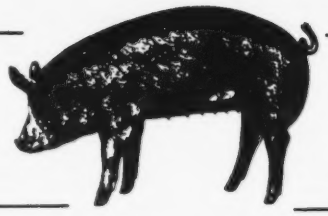
**Midwest Veal Growers Association**
Richard A. Fiedler
R.F.D. 1, Box 191
Scranton, IA 51462
Phone: (712) 652-3723

**SPECIAL FED VEAL** - A leaflet that gives facts about veal, how to prepare, nutritional information, and popular recipes.
Grades Adult level - could adapt for classroom use
Cost No charge

**ALL YOU NEED TO KNOW ABOUT VEAL** - A leaflet that gives facts on veal, preparation methods, nutritional information, and popular recipes.
Grades Adult level - could adapt for classroom use
Cost No charge

The following materials are provided by:

**Iowa Pork Producers Association**
1636 N.W. 114th Street
P.O. Box 7
Clive, IA 50053
Phone: (515) 225-7675



**FOCUS ON PORK** - A 16-page booklet with information on pork nutrition, purchasing, serving, cookery and storage. Includes charts, puzzles and games.

Grades 5 through 8
Cost One copy free - 40¢ per copy

**HAPPINESS IS LEARNING ABOUT TODAY'S PORK COLORING BOOK** - A 12-page coloring book packet which tells the story about living on a farm that raises pigs. Includes fun activities and games.

Grades 1 through 3
Cost One packet free - $1.50 per packet

**IOWA'S PORK** - An educational packet which includes a teacher's guide and student worksheets that cover the areas of Iowa pork facts, pork nutritional information, identification of pork cuts, recipes suitable for student preparation, and pork by-products.

Grades 4 through 6
Cost One packet free - $3.00 per packet

**THE CASE OF THE PURLOINED PORK STORYBOOK** - A storybook designed for the 2nd grade reading level. Fits into social studies curriculum. The book is accompanied by a teacher's education kit and consists of a teacher's guide, activity masters, posters and wall charts.

Grades K through 3
Cost Storybook only - $7.00 per copy
Storybook/Education Kit - $15.00 per package

**PORK ACTIVITY SHEETS** - A set of five activity sheets focusing on pork nutrition; pork cuts; hog by-products; and the food chain - from farm to table. Can be easily be reproduced.

Grades 1 and 2
Cost 1 set free; additional sets 50¢

**POWER PACKED NUTRITION** - A nutrition software program for intermediate and junior high students. Designed for use with Apple II computers. Divided in three components - a tutorial component; a reference section; and three entertaining and challenging games. Included in the kit is a 6-page teacher's guide, 3 black-line masters, a wall poster, and a sturdy folder for storage.

Grades 5 through 8
Cost $12.95

**COMING TO AMERICA** - Two-sided poster that teaches students about the Mayflower's voyage to America. Teaches students what foods have been important to man's survival in times of exploration, war, and even space travel. A lesson plan and activity masters are printed on the back.

Grades 4 through 6
Cost 65¢

**PORK REVIEW** - Newspaper - like bulletin that discusses pork's nutrients, pork cuts, hog by-products. Includes several jokes and activities.
Grades 3 and 4
Cost 1 copy free; additional copies 4¢

**POSTERS** - Assorted posters of cooked pork dishes.
Grades All
Cost No charge

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The following materials are provided by:

**Iowa Soybean Promotion Board**
502 West Towers
1200 -35th Street
West Des Moines, IA 50265
Phone: (515) 223-1423

**SOY OIL** - An informational leaflet telling the story behind the usage of soy oil.
Grades Adult level - good K-6 teacher reference
Cost No charge

**SOYBEANS** - A chart showing the breakdown of products containing soy oil and other soy products.
Grades Adult level - good K-6 teacher reference
Cost No charge

**WHO GIVES A HILL O'BEANS ABOUT SOYBEANS?** - An informational brochure on the soybean industry.
Grades Adult level - teacher reference
Cost No charge

(Other teacher reference materials available on request.)

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The following materials are provided by:

**Iowa Egg Council**
535 E. Lincoln Way, Box 408
Ames, IA 50010
Phone: (515) 232-6031

**BE AN EGGS-PERT!** - A booklet supplying complete information and preparation of eggs. An all-around egg education booklet to make you an eggspert.
Grades Adult - good K-6 teacher reference
Cost No charge

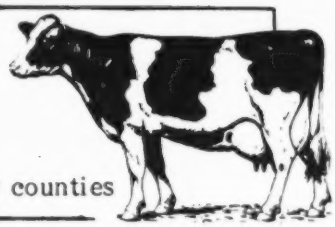
**KIDS IN THE KITCHEN** - Tasty recipes designed to appeal to children and simple for them to prepare. This leaflet is included in the **Out of This World Egg Kit.**
Cost No charge for extra copies.

**THE EGG STORY** - A fun coloring booklet explaining "Eggs...From Hen to Home."
Grades 1 through 3
Cost No charge

The following materials are provided by:

**Dairy Council, Inc.**
101 NE Trilein
Ankeny, IA 50021
Phone: (515) 964-0696
AEA's - 1, 2, 3, 5, 6, 7, 9, 10, 11, 14, 15, 16

**Dairy Council of Central States**
76th & Main Sts., Suite 103
Hillcrest Office Building
Ralston, NE 68127
Phone: (402) 592-3355
AEA's - 4, 12, 13, Sac, Montgomery counties



**For ordering please contact the above commodity offices.** Prices may vary according to location.

**COMPARISON CARDS** - Based on USDA RDA, these colorful bar graphs show the nutrient profiles of 60 popular foods.
Grades K through adult
Cost $7.00

**EVERY DAY EAT THE 3-2-4-4- WAY** - A brochure illustrating the Four Food groups and the amounts needed each day.
Grades K through 3
Cost poster $.70 - mini $.08

**FOOD MODELS** - 146 full-color food photographs show standard portion sizes. USDA RDA nutrient values printed on the back of the models. Includes 16 page teacher guide.
Grades K through 12
Cost $8.00

**NUTRITION SOURCE BOOK** - A reference providing teachers with basic information on nutrients, food handling, dietary recommendations, four food groups, and consumerism.
Grades Adult
Cost $1.00

**FOOD....YOUR CHOICE** - This all new program fosters understanding of key nutrition concepts through a series of student-centered, multisensory learning activities. The elementary program is divided into six separate programs: Grades 1, 2, 3, 4, 5, and 6. Each program contains a program overview, learning activities, nutrition primer, duplicating master, and resource materials that are specific to each grade level.
Grades 1 through 6
Cost $15.00 per grade level

**FOOD....EARLY CHOICES** - A program which provides hands-on experience to help preschoolers develop an increased awareness of food. The program also contributes to their social, emotional, motor, sensory, language, and cognitive development.
Grades Preschool
Cost $37.50

**FOOD ENCOUNTERS** - A computer program providing a space mission for good nutrition. Computer courseware is programmed for use with Apple II plus or Apple IIe. Instructions include anagrams, puzzles, mazes, and tractor beam activities.
Grades 3 through 6
Cost $20.00

**WHAT I USUALLY EAT** - A computer program which evaluates the student's food choices for one day. Uses Apple II plus or Apple IIe computers.
Grades 3 through 6
Cost $15.00

**DAIRY PRODUCT INFORMATION SHEETS** - Information on butter, buttermilk, cheese, cottage cheese, ice cream, milk, sour cream and yogurt, including nutrient value, processing, labeling, storage and history of dairy products.

Grades K through 12
Cost prices vary from $.09 to $.18 per sheet

**MILK FROM COW TO YOU** - A 59 1/2 x 44 inch poster, teacher's guide and handouts which illustrate milk production, processing, and delivery of dairy products.

Grades 2 through 5
Cost $6.50

**HOW TO EAT FOR GOOD HEALTH** - Photographs feature the Four Food Groups and Combination Foods which provide the foundation for a nutritional diet. The importance of eating a wide variety of nutritious foods in moderation is explained.

Grades K through Adult
Cost $3.50 per hundred

**GRAB-A-BYTE** - This computer program is divided into three separate sections. Grab-a-Grape uses a quiz show format to examine students' knowledge of food groups, nutrients and calories. Nutrition Sleuth gives students clues to identify a particular nutrient. Have a Byte analyzes student selected meals in terms of individual nutrient needs.

Grades 7 through 9
Cost $22.50

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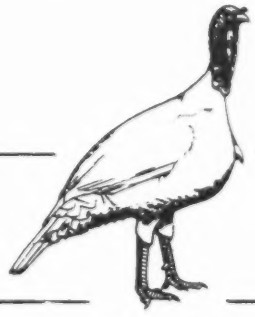

**Iowa Turkey Federation**
Box 825
Ames, IA 50010
Phone: (515) 232-7492

**THINK TURKEY PLACEMAT** - A turkey placemat with crossword puzzle, word search and games.

Grades K through 6
Cost No charge

**TURKEY....AN AMERICAN STORY** - A 6-page illustrated turkey booklet telling the story of the important role in American history that turkeys have played.

Grades Adult level - good K-6 teacher reference - while supply lasts
Cost No charge for reference copy

**RECIPES** - Assortment of recipes using turkey products.

Grades Adult level - could adapt for classroom use
Cost No charge

**LET'S TALK TURKEY** - A kit including a filmstrip, a cassette, posters, recipes and a teacher's guide.

Cost 1 free per teacher - while supply lasts

The following materials are provided by some or all of the four organizations listed below. Please note that the organizations are abbreviated under the "cost" category of each item and that these groups offer different terms for resource loan or purchase.

**Iowa Department of Agriculture & Land Stewardship (IDALS)**
Rural Programs Specialist
Wallace Building
Des Moines, IA 50319
Phone: (515) 281-5952

**Iowa Beef Industry Council (IBIC)**
P.O. Box 451
Ames, IA 50010
Phone: (515) 232-0428

**Iowa Pork Producers Assoc. (IPPA)**
1636 NW 114th Street
P.O. Box 7
Clive, IA 50053
Phone: (515) 225-7675

**Iowa Farm Bureau Federation (IFBF)**
Creative Visuals Service
5400 University
West Des Moines, IA 50265
Phone: (515) 225-5415

**FOOD POWER TOWER** - A packet developed for the science/health curriculum, teaches how to identify where foods come from, to recognize the need for eating a variety of foods from each food group, and to try new foods. Includes instructions and resources for building a "Food Power Tower", activity masters, a letter to parents, and "Terrific Taster" badges.

| | |
|---|---|
| Grades | K through 2 |
| Costs | IPPA - one free kit - $2.00 per kit |
| | IBIC - $2.00 per kit |

**SHAPING A NATION** - A 20 minute, 2-part filmstrip. Teaches simple economic principles by studying the meat industry. Concepts include: markets, factors of production, specialization, career awareness, history of the livestock industry in America, and geography. Kit includes activity masters, poster, and teacher's guide.

| | |
|---|---|
| Grades | 5 through 8 |
| Cost | IPPA - free loan - schedule in advance - $11.50 per kit |
| | IBIC - $11.50 per kit |
| | IDALS - free loan - schedule in advance |

**NUTRITION, FOOD AND CULTURE** - Ten 11" x 14" study prints which examine food habits, traditions and agricultural practices of eight cultures and relate to basic nutrition. On the back of each are lesson plans that emphasize map and globe skills, and how social and physical environments influence food choices. Each includes activities and recipes for each country. Also includes master activities and reference sheets.

| | |
|---|---|
| Grades | 4 through 7 |
| Cost | IPPA - $5.00 per packet |
| | IBIC - $5.00 per packet |
| | IDALS - free loan - schedule in advance |

**AGRICULTURE: THE IOWA CONNECTION** - A 9 1/2 minute slide/tape presentation which focuses on our dependence on agriculture, the crops and livestock produced in Iowa, the products made from them, agricultural careers and the farmer's investment.

| | |
|---|---|
| Grades | 4 through 6 |
| Cost | IDALS - free loan - schedule in advance |
| | IFBF - free loan - schedule in advance |

**FARM & FOOD BYTES** - Computer disk. Twelve activities focusing on science, language arts, social studies, math and history. Graphics, in color, user-friendly. Includes teacher's guide. For use on Apple II computer.

| | |
|---|---|
| Grades | 4 through 6 |
| Cost | IDALS - free loan, schedule in advance or disk and five-page teacher's guide - $4.00<br>IFBF - disk and five-page teacher's guide - $4.00; complete kit including 3-ring binder notebook, disk, complete teacher's guide and student workbook - $10.00 |

**WHY EAT MEAT?** - A 10:35 minute slide/tape presentation discussing positive reasons for including red meat in a balanced diet. Health issues such as fat, cholesterol, how much meat we eat and nutrient density are addressed. Jointly produced by the Iowa Farm Bureau Federation's Consumer Education Division, The Iowa Beef Industry Council and the Pork Producers, this slide set also includes information on choosing lean meat cuts, low-calorie cooking and how to enjoy red meat in a healthy diet.

| | |
|---|---|
| Grades | Junior/senior high school home economics and adult |
| Cost | IPPA, IBIC, IFBF, IDALS - free loan - schedule in advance |